

BATTALION COMMANDER'S WELCOME

As part of the 172nd SIB, we are required to deploy on numerous exercises. This does not include the training exercises that we execute in the Battalion. A great deal of your husband's time will be spent on deployments. It is important for you to understand how this will affect you and your family.

This Family Readiness Group Handbook is designed to help you adjust to life in the Geronimo Battalion. Its purpose is to provide information that will help when your husband is away for training or when he is involved in a real world deployment.

The link between you, your husband, and the Battalion is the Family Readiness Group (FRG). The objective of the FRG is to ease the strain of separation by providing information that will assist you and your family.

Regardless of the type of deployment, a select group of soldiers will remain in the Battalion area with a Rear Detachment Commander (RDC). As information regarding the deployment becomes available, the Rear Detachment Commander will pass it through the FRG. The Rear Detachment and the Family Readiness Group work together to prevent and resolve problems, and to assist you in solving your problems. They will also have information about agencies on the installation that can provide assistance to families. The key is to remain an active member of the FRG so you can be more knowledgeable and prepared for deployment. Make sure you have a current FRG telephone roster!

I encourage you to take a minute to visit the Geronimo's Homepage. The address is www.usarak.army.mil/1501/1501web.htm. There you will be able to see upcoming training events, the different company events, and my command philosophy.

I appreciate your continued service to the mighty 1-501st PIR. It is an honor. Please feel free to contact me at anytime; my phone number is (907) 384-0617 or email me at 1501cdr@richardson.army.mil. Again, I look forward to hearing from you in the future.

We are happy to have you with us. Should your husband have to deploy, remember there will ALWAYS be someone from the GERONIMO FAMILY prepared to help.

CHRISTIAN L. KAMMERMANN
LTC, IN
Commanding

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IMPORTANT PHONE NUMBERS

Army Emergency Relief.....	384-7478
Army Community Service.....	384-1518
Army Family Advocacy Program (AFAP).....	384-1006
Army Family Team Building	384-1513
Post Chapel.....	384-1461
Battalion Chaplain.....	384-1747
Battalion Legal Assistance	384-0371
Elmendorf AFB Hospital Emergency Room	580-5555
Emergency Food Locker	384-7478
Exceptional Family Member Program (EFMP)	384-0225/1517
Financial Counseling.....	384-1517
Fort Richardson Dental Clinic	384-3706/2483
Red Cross	552-5253
Women, Infant and Children (WIC).....	384-2033

THE 1-501 PIR FAMILY READINESS GROUP

Family Readiness Group (FRG)

The FRG is made up of military and non-military volunteers that assist the official military chain of command in providing information to military family members. The primary purpose of the FRG is to provide information to families, especially during deployments, and to empower families to resolve problems while a family member is deployed. The most important element of the FRG is the chain of information (sometimes called the chain of concern) phone tree.

Chain of Information Phone Tree

The company chain of information phone tree is your primary communication link with the unit in the event of a deployment. Make sure you keep the most current copy next to your phone. In the event of a deployment, as soon as information becomes available, the Battalion Rear Detachment Commander will contact the Battalion FRG Advisor and she will initiate the company information phone trees to get information to you. Your company Point of Contact will make all long distance calls and will call each person listed at the top of each column. Columns are grouped by the platoon or section to which your husband is assigned.

If you have not received a recent copy of the information phone tree, have your husband ask for one from his company. If your number changes, call your point of contact (POC) to let them know. Please destroy any out of date copies and post the new one next to your phone.

Rear Detachment

The battalion and each company in the battalion will establish a rear detachment during all deployments. The rear detachment is the official military chain of command for military members not deploying with the unit. The FRG chain of information is your link with the rear detachment as well as with the deployed elements of the battalion/company. In most cases, it is important to call the company chain of information POC and not directly call the company or battalion Rear Detachment Commander. This is not only more efficient but ensures you are getting a faster and more detailed response. Also, in calling your chain of information POC, you will have the full weight of the company and when necessary the battalion FRG leader.

FRG Activities

When the Battalion is not deployed, the 1-501st FRG sponsors a variety of information and social activities. Also, before assuming the Initial Entry Force (IEF) or departing for a major off-post training exercise, there will be a battalion consolidated family briefing. The intent of these activities and briefings is to prepare our families for the possibility of deployment and to develop a sense of community among families and partnership with the unit. Friendships and contacts already made in a relaxed social setting will be a valuable and readily available asset in times of emergency.

FRG Newsletters

The battalion and companies publish a FRG newsletter. The Newsletter features articles from the chain of command, announcements of upcoming training events, family activities and news about unit personnel and their families. If you have been assigned to the 1-501st and have not received a battalion newsletter within the last three months, have your husband contact the company training room with your address or call the Point of Contact (POC) on the chain of information phone tree.

FRG Handbook

The purpose of this handbook is to help you better understand the unit, its mission and the organization and operation of the Family Readiness Group. We want your family to be able to make the most of your time here at Fort Richardson with the 1-501st.

BATTALION HISTORY

The 1st Battalion, 501st was activated as the first Parachute Battalion in the U.S. Army on 1 October 1940. As other units were activated, it was designated as the 1st Battalion of the 501st Parachute Infantry Regiment, 1-501 PIR. The Battalion's motto "GERONIMO" has its origin in a cry uttered by the soldiers of the unit's test platoon while they exited the aircraft in their maiden jump and is now tradition with the 501st Parachute Regiment.

The 501st Parachute Infantry Regiment is an elite unit, making its first combat jump into Normandy five hours before the seaborne landings of 6 June 1944. The unit was scattered, forcing groups of Paratroopers to fight individual actions that raised havoc with German defense plans and protected the beaches from German counter-attacks. The 501st was awarded its first Presidential Unit Citation for this action. The 501st made its second combat jump into Holland on 17 September 1944 to protect the advance of British forces on the way to Arnheim during operation Market Garden.

The 501st was the first Battalion into Bastogne; hand-picked to spearhead the assault which halted Germany's last major offensive of World War II. Outnumbered four to one, critically low on supplies, the 501st showed extraordinary heroism and gallantry at Bastogne 22-27 December 1944. Completely isolated, the 501st and other units from the 101st Airborne Division repulsed constant attacks from elements of eight German divisions. For this action, the 501st was awarded the Belgian Fourragere and its second Presidential Unit Citation.

The regiment deployed to Vietnam from December 1967 through February 1972. While there, it participated in twelve campaigns and produced two Medal of Honor winners. After Vietnam, the unit was deactivated 5 June 1984.

On 1 October 1989, the 1st Battalion, 501st Parachute Infantry Regiment was reactivated to once again carry on the proud traditions of its past, and defend the greatest country in the history of mankind.

BATTALION CREST

This crest was designed during WWII. It was the product of a competition within the Regiment for a new design. Private Claymen, of the Regimental S-2 section, and Sergeant Clarke of the S-3 section submitted the winning design shown below.

The long, unsuccessful efforts to get the Army to accept the design would require more space than available. There were such objections as the fact that the shield in the crest was not supposed to be circular, like in Johnson's design, but instead was to look like, guess what, a shield.

After prolonged correspondence between the 501st and the Army, COL Johnson took the bull by the horns and ordered Distinctive Unit Insignia made in his design, which the Regiment wore. And he did not stop there; he also decided on a non-regulation white flag which bore a large replica of his chosen design. This flag, by the way, was later to earn Johnson a "demerit" from General Ridgway, who took a dim view of it at a formation where it was on display.

Approved or not, correct or not, it was a nifty crest. The men of the WWII Regiment loved it, and so do we!



FAMILY LIFE AND THE IEF SYSTEM

Alaska and particularly the 1-501st trains around a cycle called IEF. IEF stands for Initial Entry Force. It also means that the soldiers of the 1-501st can deploy at a moment's notice to any location and defend American interests.

The IEF cycle is shared between the 1-501st and other battalions at Fort Wainwright. Usually the battalion stays on IEF status for six weeks. The battalion normally rotates through the IEF cycle three times a year.

IEF will substantially impact on your home and family life. All personnel will report to their company NLT X/N+12. However, key leaders report to the battalion conference room at X/N+2 to review the Alert Notification message. Key leaders are the battalion commander, XO, the primary, special and coordinating staff officers, CSM, company commanders, XO's, first sergeants, and the S3 Air. N-hour is a specific time identified in the alert notice given to the battalion by the alerting headquarters. N-hour is not the time individual Paratroopers are contacted. It is very likely that company CQs will not be notified until N+30 minutes or later, and individual Paratroopers will be notified after that. Consequently, each Paratrooper must return to the unit as soon as possible. Notification instructions must always include the actual N-hour. In fifty-four hours, without a prior notification the battalion, will be deployed. If there is prior notice given, the unit can deploy in 18 hours. While on IEF no one may leave Alaska unless it is an emergency. No one knows for sure how long your husband will be deployed, but most deployments are short.

Prior to assumption of IEF, your husband's company usually conducts certification training. You may know the certification training as **NORTHERN EDGE** or **GERONIMO STRIKE** or **COBRA GOLD**. Since your husband may be deployed for an extended period of time, it is critical to have family affairs in order. Therefore, in order to assist you, before each IEF cycle the battalion holds a Family Readiness Brief to provide more details on each deployment.

BE PREPARED FOR THE UNEXPECTED

As family members of the Geronimo's, we must not forget that the reason we are here is to support those who protect our national interests in potentially hostile circumstances. For them to do so requires training. Training sometimes takes them to remote places like the National Training Center, Joint Readiness Training Center, Thailand, as well as other places in the world. We need to always be ready for their sudden departure and extended absence especially during an IEF assumption.

TYPES OF DEPLOYMENTS

A deployment is military duty away from home. It may be as short as overnight or as long as an unaccompanied overseas tour. Most long deployments are scheduled in advanced, but sometimes it is necessary to deploy with very short notice. Your husband may be called in the middle of the

night and have to deploy within hours. This is why it is important to have the information provided in this guide organized before a deployment.

Training in the 1-501 PIR Battalion is some of the most demanding time your husband will experience in the Army. He volunteered to accept this challenge and the responsibility that comes with it. All training is focused on the accomplishment of the mission and to ensure Geronimos come home alive. To maintain this level of readiness, your husband conducts the following types of training:

1. Deployments

- Foreign Countries
- Army Training Centers: JRTC, NTC, etc...
- Alaska Training: NORTHERN EDGE, ARCTIC RAIDER, etc...

Deployments make it necessary for you to take on the business at home in your husband's absence. Reaching your husband for routine matters will often be difficult if not unlikely. You can reach your husband for an emergency by contacting the Rear Detachment Commander or in relaying the information through your Family Readiness Group Representative.

2. Local Training: This training will often be shorter in duration. During this time, the unit will try to schedule training to allow as much family time as possible.

3. Schools: At various times in your husband's career, he will be sent to various Army schools. The schools are both advantageous to your husband's career and level of proficiency. Many of the schools are necessary for promotion and career progression. Once your spouse starts a school, it is in the best interest that he completes the school or course. Again, you will need to prepare for separation.

FAMILY MEMBER INVOLVEMENT/FAMILY READINESS GROUP

When your husband arrived to the Battalion, he was assigned to a company. This company is also your company. The Battalion has a Family Readiness Group (FRG) that is organized by companies and you are an important member. We encourage you to become involved in the FRG before the unit deploys. Getting to know other wives and families who are in the same situation can be helpful when your husband is away.

You and your husband must ensure that your family is prepared for separations before the unit deploys, whether it is on a planned exercise or unannounced deployment. You must provide accurate information to the unit about your marital status and phone numbers where you can be reached. Without this information the FRG and the Rear Detachment Commander (RDC) cannot keep you informed or provide help.

PRE DEPLOYMENT PREPARATION

Chaplain/Ft Richardson Post Chapel

Your chaplain can be a major source of concern and reassurance during the pre-deployment phase and after deployment. The following are several reasons why you may want to see your chaplain. We encourage you to contact him when you need information or have special concerns. He can be reached at #384-1747.

Spiritual Help: Nothing is more central to your chaplain's work than assisting people in their relationship with God. Your chaplain has skills and knowledge that can assist you in understanding this relationship.

Decisions: The big decisions in life are so important that you need to talk about them and pray about them. God never intended for us to make these decisions alone. Your chaplain can possibly point out additional dimensions of the situation that have not been considered. Your chaplain is ready to discuss these decisions in an atmosphere of confidentiality and friendship.

Pressures and Stress: Your chaplain can help you ease inner pressures and frustrations which your duties and/or separation adjustments may bring. The chaplain can also offer advice and alternatives of which you may not be aware.

Problems: There are times when we need someone to talk to about spiritual concerns, family problems, personal problems, or just things that are bothering us. Your chaplain is ready to listen to you in a non-judgmental and confidential atmosphere. He is your listening ear when it seems no one else is listening.

Wedding: The Christian wedding is a Christ-centered service of worship where the marriage couple make their promises to each other in the context of the community of faith. The couple needs to plan their wedding well in advance. If you want yours or another chaplain to be involved in your wedding, please contact him/her at least six weeks prior to the planned date of your marriage. This will allow for pre-marital counseling and service planning. Stop by the Unit Ministry Team (UMT) office to pick up the Marriage Policy Brochure.

Births: When a baby is born, your chaplain would like to call while the mother and child are still in the hospital. The visit could also be a time to begin planning for the new child's baptism, christening, or dedication. Your chaplain can help you contact the proper denominational chaplain to meet your needs.

Marriage Problems: When marriages fall on hard times, people often do not seek help until it is too late. Your chaplain is trained in marriage counseling and can help you work through your problems or guide you to other sources of professional help.

Hospitalization: Let your chaplain know if you or a member of your family is admitted to the hospital. Your chaplain is dedicated to being your pastor and desires to help you. He would like

to bring the comfort of God's love to your hospital room, especially prior to surgery.

Death: When death comes to a member of the family, a close friend, or someone you love, your chaplain can offer you comfort, help you work through your grief, and help you grow in your faith. Your chaplain desires to help you through this very difficult trauma in your life.

Drug and Alcohol Abuse: Your chaplain is trained in many areas of counseling, and stands ready to assist you in dealing with these problems and directing you to proper resources.

Worship: One of the primary duties of the chaplain is to lead the worship services. We have several worship services available at Ft Richardson. If you need a chaplain of a specific denomination, your chaplain can help you make that contact.

Religious Education

Protestant Sunday School Programs: Located at the Ft Richardson Chapel. The Sunday School runs from September through May on average with a Vacation Bible School in June for one week. Classes take place from 0930 to 1030.

Catholic Religious Education: To register for religious education instruction (adults and children), call 384-1461.

Any questions concerning Catholic Religious Education, Sunday School, instructional classes, Chapel membership, Bible studies, Protestant or Catholic Youth of the Chapel programs, etc., may be directed to the Ft Richardson Chapel at 384-1461.

The American Red Cross (ARC) And How It Can Help You

The ARC provides assistance with communication between the soldier and his/her family when they have failed to communicate with each other directly. ARC will verify an emergency and contact your spouse in case emergency leave is necessary. All emergencies MUST be verified by ARC before emergency leave will be granted. If you think an emergency exists which warrants your spouse's return before their scheduled date, contact the ARC.

ARC provides financial assistance for emergency leave and for such basic items as rent, food, utilities, and household necessities when initial pay or allotments are late or interrupted. A personal interview with the individual seeking assistance is required before a determination is made to provide the assistance or not. Emergency needs are those that are urgent and are required immediately for one's health, safety, and welfare. ARC can be contacted during duty hours at 552-5253. After duty hours, call the toll free number: 1-877-272-7337.

The Army Emergency Relief (AER) And How It Can Help Your Family

Army Emergency Relief (AER) is an army community service activity that financially assists active duty and retired Army personnel in emergency situations. Financial assistance is given in the form of interest free loans, grants, or a combination of both. Emergency assistance can be

met for food, rent or utilities, emergency transportation, funeral expenses, medical or dental expenses, or personal needs when pay is delayed or stolen. AER cannot help with nonessentials, ordinary leave or vacation, pay fines or legal expenses, consolidating debt, vehicle purchases, or covering bad checks or credit bills.

To find out how to apply for assistance call the AER at 384-7478.

Women, Infant, And Children (WIC) Program

WIC is a special supplement food program for **Women, Infants, and Children**. The WIC program is a way that you can provide your baby and young children with extra high protein foods (cereals, cheese, juice, beans, milk, and eggs) at the Federal Government's expense. WIC is only available to people who are at risk medically and can be helped nutritionally, and who are either: women who are breast feeding, and infants and children from birth to age five. In addition, the total gross household income of the WIC applicant must be within the range of guidelines approved by the Federal Government for this program.

We highly recommend this program for young Army families. To find out more about WIC or to see if you qualify for assistance call 384-2033.

Fort Richardson Child Development Services

Child Development Services (CDS) consists of a number of childcare options available in the community. These services are provided through three systems of childcare: Family Child Care Homes, Child Development Centers, and Supplemental Programs and Services.

Ft. Richardson's Family Child Care Home Program offers family-style care in quarters provided by certified caregivers. Each home has been inspected for safety, sanitation and fire prevention, and is regularly monitored by Child Development Services personnel. Patrons receive childcare at reasonable cost in locations convenient to them. Other benefits include developmental activities and balanced meals. There are also many benefits for those who become home care providers, such as free training in management and child development, use of professional resource library, and liability insurance coverage. Provider's credentials are transferable to other military installations. For more information on becoming a provider or locating a home for your child care needs, call 384-1506.

On Post Employment For Military Family Members

Civilian Personnel Advisory Center

The CPAC is your one stop source of information on current job openings for Fort Richardson. Bulletin boards of current vacancies and a telephone hotline of current appropriated fund announcements are available. Skilled personnel can answer questions concerning vacancies or application procedures. CPAC is located at Bldg. 602. Their hours are from 7:30 AM to 4:30 PM during the week. They can be reached by calling 384-1374.

Federal Civilian Employment For Spouses: Information on civil service employment is available in Bldg. 56 on 4th St.. They can be reached by calling 384-1374.

Army and Air Force Exchange System (AAFES): The AAFES Administration Office is located at Elmendorf AFB, Bldg 31-250. For employment information call 428-1234.

Legal Assistance

Services include advice and assistance on legal problems including domestic relations, non-support, consumer protection, and taxes. The Legal Assistance Offices also prepare documents such as bills of sale, powers of attorney and wills. While you are stationed at Ft Richardson, the Staff Judge Advocate offices are ready and willing to assist you with your legal problems. They are your lawyers. You can help them save you time, worries and money by bringing them your legal problems before they become serious. Legal Assistance is located at Bldg 600. They can be reached by calling 384-0371.

Whenever you think you might have a legal problem, contact the Legal Assistance Office. A military lawyer might be able to prevent a serious problem from arising or solve it before it becomes serious. Be sure to bring with you any papers you have (such as leases, separation agreements, or sales contracts) before you sign them, if possible.

Housing

On-Post Housing: Personnel assigned for duty who have dependents and desire Army family housing should contact the On-Post Housing Office to submit an application. The office is located in Bldg 602, room 110. For additional information, call 384-7656.

Medical Needs

For all medical needs contact your Tricare Primary Care Manager shown on the front of your Alaska Tricare Card (or call 580-6400). Your Primary Care Provider is responsible for coordinating all health care services. Referral by the Primary Care Provider and authorization by the Health Care Finder is required for all specialty care and hospitalization before services are received, except in the case of an emergency or when you use the Point of Service option. If you have an emergency at any time which is life threatening, go directly to the nearest hospital. If emergency care is required, contact the Primary Care Manager or your local Health Care Finder within 24 hours.

Dental Care

The Dental Clinic on Fort Richardson will provide emergency care only for military family members. A list of community dental providers is available through the Dental Clinic for routine care. Information about the Concordia Dental plan is also available. Contact 384-3706 for further information.

Concordia is a managed dental care package with expanded services. Monthly premiums are deducted from the service members' pay. Soldiers may sign up for Concordia at the Battalion PAC office.

SAFETY

Safety & Security During Deployment

When you and your husband are separated for a time, one of the many things you say to one another is "Be careful and take care of yourself". Both of you are concerned about each other's safety and security. This portion of the guide addresses that concern.

Basic Facts

There is no such thing as a criminal face. Criminals can be attractive, charming, and gracious. Each year a number of criminal acts are committed which are not planned. However, careful preventive action can help save you and your family a loss. More and more women are becoming involved in crimes. Therefore, be cautious of all strangers, both male and female.

Crime Prevention Measures

If you live on post in government Quarters, especially for an extended period of time, a false sense of security often develops and family members forget to lock all doors to their Quarters. Experience indicates that some have walked around their house scantily clad, with all blinds and windows open. This is an invitation for any would-be criminal to enter your home.

If a repairman or any solicitor requests entry into your home, you should first ask to see their identification and then verify it by phone before allowing them in.

If you do have to leave your quarters, have a neighbor watch the place for you. In the event of any unusual occurrence, call the Military Police immediately; dial 911 or 384-0823/0824.

If you notice strangers loitering in your housing area, get a description of the person and notify the police. You should NEVER let strangers into your home!

When shopping, make a mental note "Did I lock my car?" Be sure not to flash large sums of money, and never enter your car before you've checked the back and front passenger areas. Park under a light or in a well-lit area. Take a friend along so you are not alone.

If you are going to be staying with family or friends during your spouse's absence, let the Military and Civilian Police know about it. They can provide a security check on your home during your absence. Everyone is encouraged to take full advantage of this service by contacting these law enforcement agencies directly. In addition, have a neighbor keep watch and/or purchase a timer to turn a light on and off.

If you have storm or screen doors, lock them! Keep outside doors locked during the daytime, as well as the night time. Keep windows in secluded areas of the house locked always. Use good

exterior lighting.

If you have a house caller, DO NOT OPEN THE DOOR unless you are positive of the person's identity. If the caller is a motorist with a disabled vehicle or someone in need of assistance, obtain the number the person wants to call, and YOU offer to make the call.

Don't under any circumstances, volunteer information to an unknown telephone caller. Always leave this type of caller with the impression that someone is with you. Chances are good that you will not be bothered again.

Have a friend check in with you on a regular basis.

We recommend that you move each of your vehicles on a frequent basis. If your husband's vehicle remains in the same parking spot, it could indicate that he is deployed.

If you see someone looking at you through a window, try hard to act as natural as possible. Walk to the nearest room that has a phone and contact the police. Turn on the lights and remain in the house until help arrives.

Avoid going into an unlighted backyard alone at night. If you have a chore to do in the backyard, wait until daylight the next day.

Never tell anyone what Valuables you have in the house.

Before Departing on a Trip

If you leave while your spouse is deployed, please be sure to do two things: (1) Please notify you company key caller, POC, or commander's or ISG's spouse and let them know where you can be reached. This is especially important when you will be away for some time. (2) Make sure your quarters are being watched, and if it is during the winter be sure to make arrangements to have someone enter your quarters each day to check for frozen pipes or other damage. DO NOT turn your heat off entirely in the winter if you leave. Turn it down to 55 degrees. If you don't make arrangements for you house to be checked, the government may charge you for damages which occur while you are absent.

Leave a house key with one of your trusted neighbors so that they can check your home daily. You can return the favor the next time they are on a trip.

Discontinue newspaper service and have your mail kept at the post office until you return home; or have your neighbor pick these items up each day and hold them for you.

Place at least one lamp or radio on a timer. It will make your home look occupied when you are gone.

Have someone mow your lawn.

When You're Away from Home Alone

Before leaving your home, lock all doors and windows. Do not place your house key in a mailbox or under the doormat. They are the first two places a burglar will look.

Lock your car doors and keep them locked while traveling. If a person tries to enter your car while you are in it, sound the horn to attract attention or until the person leaves.

NEVER pick up hitchhikers. Many states consider it a criminal offense.

If you see a disabled car along the highway, DO NOT STOP. Continue on to the next well-lighted area (if at night) or a service station, and notify the police..

If your car breaks down when you are out on the road, use the national distress signal. This consists of tying a white handkerchief to the left door handle or raising the hood and stay in the car. Should someone stop, lower the window just a fraction of an inch and tell them you need assistance. DON'T LET THEM INTO YOUR CAR!!!!

When going out at night, park your car in a well lit area. Lock the doors when you leave and have your keys out of your purse and ready to use when you return to your car.

Look inside the car before getting in to see if anyone is hiding there, even if the door is locked. Always use well lit, frequently traveled routes when traveling alone or after dark. Avoid dangerous and unfamiliar areas.

Keep your car in good running condition with at least 1/2 a tank of gas always.

If you are being followed, do not go home. Go to a well lit, public place where you can get help.

Be extremely cautious of any strangers in any public place or establishment. Do not give your name to anyone in these surroundings. Keep your life history to yourself.

When shopping and paying for merchandise, never expose large sums of money. Remove the amount of money you think you will need to shop and hide the rest in another compartment of your handbag or pocket.

Dealing With Obscene Phone Calls

Obscene, threatening and annoying phone calls are upsetting, to say the least. They are even more traumatic when your spouse isn't at home. You do not have to put up with this kind of abuse. Here are several steps that you can take to protect yourself from harassment on the telephone:

1. HANG UP! You don't have to listen to the call. As soon as you realize that it is an obscene, threatening, or annoying phone call, hang up.
2. REPORT THE CALL TO:
 - a. The police (911) or the military police (384-0823/0824). It is illegal to make obscene, threatening, or annoying phone calls!

b. The telephone company. Call the local business office. If you can't find the number, dial "0" and ask the operator for assistance.

c. Your Family Readiness Group contact person and talk about what has just happened so we can be sure it's not someone with a roster (patterns need to be tracked if possible).

Do not believe reports about your spouse's death, injury, or conduct. The caller is hoping to make you afraid by telling you things that are not true.

Some women have found it helpful to keep a police whistle by the telephone. When the obscene, threatening, or annoying phone call comes, they blow the whistle loudly into the mouthpiece and then hang up.

The obscene, threatening, or annoying phone caller is a person who gets pleasure out of making you afraid or worried. Don't cooperate with the caller. Take charge of what's happening and end the call. Then call for help.

DEPLOYMENT

As family members in the 1-501 PIR, we must never forget that the reason we are here is to be ready to deploy to protect our national interests in potentially hostile circumstances. Realistically speaking, we need to always be ready for the sudden departure and extended absence of our soldiers.

1. Planning for your husband's absence:

A. Have all important telephone numbers which you may need in case of an emergency, to include a current copy of the company Family Readiness Group alert roster.

B. Know the financial obligations your family has and budget accordingly. Know which monthly payments and bills are due, and where and when they are to be paid.

REMEMBER! YOU ARE OBLIGATED TO PAY THE BILLS IN THE ABSENCE OF YOUR HUSBAND - HIS CAREER AND YOUR CREDIT DEPENDS ON IT!

C. It is strongly recommended that you open a joint checking account at your bank or have your husband start a support allotment to you. This will assure that in the absence of your husband, you are able to meet your financial obligations and needs.

D. Make sure your husband has enrolled you and your children in the DEERS (Defense Enrollment Eligibility Reporting System) program. You can do this through the unit PAC.

E. Have your husband prepare a "general power of attorney" and a will if you don't already have one. It is important that the wife also have a will. Legal Assistance can prepare these free of charge.

F. If your baby-sitter takes your children to the hospital, he or she must have a "Medical Power of Attorney" as well as the medical services card for all but the most critical medical emergencies.

G. Know where your family medical records are kept.

H. Keep your family ID cards and medical cards current.

2. Company Point of Contact

If you need information or assistance, which may be available from other family members within the unit, first call the wife who has been designated as the Point of Contact on your company wives alert roster. If she is unable to provide the information or assistance you need, she can refer you to the Rear Detachment Commander. In order to keep the information private, the Company POC and the chain of command should be the only ones having the roster of phone numbers.

3. Rear Detachment Commander

Our battalion will have a Rear Detachment Commander who will remain at Ft Richardson during deployments. He can be contacted at the 1-501 Battalion Headquarters and is there to help with any emergencies. He can be contacted by calling **384-0617/0623**. Before contacting the Rear Detachment Commander, please use every effort to contact your POC first. Your POC will be able to answer or find the answer to most of your questions and this will lessen the already heavy workload of the Rear Detachment Commander. However, do not be afraid to ask the rear Detachment Commander for help.

4. Mailing Address:

A. A sample mailing address for husbands who have been deployed is as follows:

PFC John Doe, SSN 000-00-0000

B CO, 1-501 PIR

Ft Richardson, AK 99505

B. Mail will be forwarded to him by the Rear Detachment Commander, until an overseas or other CONUS address is established. If you and your husband decide that it is best for you to pick up his mail at the battalion, then you must show your ID card to the mail clerk before he can release the mail. For information on mail pick up, call the rear Detachment Commander at 384-0617/0623.

5. Finance:

A. Pay procedures will remain basically unchanged. Because "Sure Pay" (Army deposits the soldier's pay directly to the bank) is mandatory for all military personnel, make sure that you understand how to keep your checkbook balanced in order to prevent overdrafts. The customer assistance department at most banks is willing to be of assistance in helping customers learn to balance their checking accounts. It is recommended that you have a joint checking account so you can continue to meet your family's financial obligations while your husband is away. **YOU CAN NOT AFFORD TO LOOSE YOUR CHECK- CASHING PRIVILEGES DUE TO FISCAL IRRESPONSIBILITY.** If that happens, you will be forced to deal with your creditors on a cash and carry basis after you draw funds at the bank.

B. Depending on the circumstances, additional financial assistance or emergency aid may be obtained from the local Red Cross, Army Emergency Relief (AER), or the Army Community Service (ACS).

C. LES (Leave and Earning Statement). Please contact your Company POC to find out the procedure for picking up your husband's LES. You will need your Identification Card.

HANDLING EMERGENCIES

If your husband is deployed and you have an emergency that requires getting in touch with him, follow these directions for the fastest results:

1. Contact your COMPANY POC. Questions that you have may be answered by the POC and they can assist you in further instructions. Contact you POC before contacting the Rear Detachment Commander.
2. Contact the REAR DETACHMENT COMMANDER (384-0671/0623).
 - A. Give him your husband's: 1) full name, 2) social security number, and 3) platoon and company he is assigned to.
 - B. Give him the nature of the emergency and what help you need.
 - C. The Rear Detachment Commander will relay the message to your husband's unit and will provide what assistance he can here at Ft Richardson. Do not hesitate to call the Rear Detachment Commander if you need assistance.
3. Contact the AMERICAN RED CROSS so that they can confirm the emergency through the Red Cross channels. The Red Cross should be notified for emergencies such as death or serious illness in the immediate family. ARC can be contacted at 1-877-272-7337.
4. Technically, emergency leave can only be granted for immediate family members when verified by the Red Cross. If your husband's presence is absolutely necessary and appropriate military professionals (a doctor, the Red Cross, etc.), confirm the emergency; we will get him home. Verified emergency leave status authorizes the service member priority travel. As soon as the emergency has passed, he may return to the unit.

An emergency is the death, critical illness or injury to an immediate family member such as:

 - *Wife *Parents *Brothers and Sisters *Children
 - *Grandparents (if they raised him in place of his parents)
 - *Guardian (if they raised him in place of his parents)

Critically ill or injured means the possibility of death or permanent disability. The commander may approve other situations not listed above as emergency in nature.

Birth of a child does not constitute an emergency- unless the child is in a life-threatening situation. Broken arms heal and the flu gets cured - although debilitating, these are not considered emergencies. Friends, relatives, the Chaplain, and on-post/civilian agencies in our community can often turn emergencies around.....**Try Them!!!!**

Emergency Financial Assistance: In case of an emergency, first notify the Rear Detachment Commander, who will help you determine whether you qualify for a loan from either the AER, American Red Cross, or other relief agencies.

Coping With Separation

Deployments aren't the happiest of occasions. Separations for practically any length of time are hard on every family member. Deployments are easier on families if they prepare for it and know tricks for getting along during separation.

Write: Contrary to popular belief, in the case of separation, "No news can be BAD news". Write regularly and use the correct mailing address. Keep in mind that if your spouse is a long way from home; mail may be slow. To reduce your worries when you haven't heard from your spouse, contact the FRG to catch up on the news.

The actual address for your spouse may be a little different during different deployments. It is essential, however, that you always use your spouse's full name, rank, and unit. The command will give specific mailing instructions during the pre-deployment briefing.

Letters: Each child could write individual letters to the deployed parent, and the parent needs to answer those letters. Send schedules of ball games and special events so mom/dad can ask how the game or class event went. Mail is an important communication device. Use it often and make it cheerful and newsy.

House Rules: Sit down as a family and discuss house rules before a deployment. The children are more likely to remember the rules as "family" or "house" rules rather than "mom's" or "dad's."

Cassette/Videos: Record cassettes or videos. Record bath times, dinner times, etc., and have the kids talk to their parent. Have dad/mom tape record some of the children's favorite stories before deployment. Later on they can listen or read along with him/her.

Gifts: Buy or plan presents in advance for special days. Make arrangements with a close friend to deliver gifts on those special days. Sometimes it would be wise to buy a special gift to give to your children just prior to your departure; a "special" treasure from daddy/mommy.

Pictures: Make a picture book of what the parent does everyday and things with the kids; like giving a bath, reading, taking a walk, playing ball, etc. Show the parent in uniform and where he/she works (if possible). If you don't own a camera, borrow a friend's or contact the photo craft shop for assistance.

Map: Acquire a world map; your children can follow dad/mom around the world. You can also obtain brochures from a travel agency.

Discipline: Deployment of a parent can be difficult for children. Often they are too young to understand why he has gone; they feel deserted. Parents left behind should maintain continuity of discipline as an important step to maintaining consistency. If a parent relaxes discipline while the spouse is gone, the children will soon learn to resent his return.

Special Times: Meals and bed are important times for small children while parents are away. It may be a good time to talk about what they are going to say to dad on the next tape or in their next letter.

"I Want My Daddy": One parent gave her child a picture of daddy in plastic so she could carry it with her everywhere; the child then felt her dad was with her all the time.

Teenagers: Include teenagers in preparations for pre-deployment, deployment, and post-deployment. One parent made his teens feel needed and secure by discussing with them areas in

which they could help while mom was away: shopping, preparing the grocery list, etc. Agree upon chores.

Emergency: In case of emergency, we tend to forget many important things. It's important to have telephone numbers of friends or your FRG representative for your children to call in case of an emergency, along with police, fire department, hospital, etc.

Talk About Feelings: Before leaving, parents should sit down with the family and discuss what is happening. Talk about what will happen when they're gone and what will be different when they return. It is okay to admit you don't want the parent to go.

Emotions: We all get down in the dumps sometimes, but what do you do about it? One parent said after the kids were in bed, she listened to music she and her spouse liked. Soon the tears came and she felt much better. She was able to release the pent-up emotions. There are times to cry with your children and times to cry by yourself. Being aware of and being in touch with your feelings can give you an inside track as to how your children feel. If it's been two weeks since the last letter and you're feeling a bit blue or irritable, your children may be climbing the walls or withdrawing for the same reason. Talk about how you feel. It won't change the fact that there is no mail, but it may give you the extra patience you need. Everyone will feel better knowing that it's okay to feel lonely, isolated, sad, or frustrated.

Don't Overload Your Children: It is imperative that you do not heap too much responsibility on your children, e.g., "It is now your job to take care of mommy". Let your child be a child and YOU take care of mommy. You can give them special tasks to do, but do not saddle a child with an adult job.

Special Hints

Don't bother your spouse with minor problems that will quickly be solved. He can't change things because they are too far away and these small things may only make them frustrated and unhappy, which could affect how efficiently he does his job.

If you have trouble writing letters, try this: put a pad and pen in the kitchen or by the bed and write a few sentences every time you pass the pad and pen. You will be surprised how quickly you fill a page.

Be positive! Hang in there!

****IMPORTANT NOTE:** If you are leaving town during a deployment, please notify your spouse's company key caller, Point of Contact (POC), or Family Readiness Group Rep and let them know where you are staying and the telephone number where you can be reached. This is especially important when you will be away for sometime. In this way you can be contacted if the need arises.

Children And Separation

Some say children are relatively unaffected by their father's absence, but studies indicate that this is not true. Children probably experience the same psychological pattern as their mothers, due to their own feelings of loss and their own awareness, conscious or unconscious, of mother's overall emotional situation. They are, generally, upset when she is upset, and calm when she is calm. Children often test mom to find out if she will bend more when dad's gone, particularly when dad first leaves and again upon his return.

Some women over compensate for their husband's absence by becoming permissive and/ or overprotective with their children. Rules once ironclad now change. Some decisions are harder to make alone. This creates a different environment for children. They become caught between two worlds, juggling their behavior according to whether or not their father is home. Both parents must be consistent in their discipline of the children. Some fathers become one of the kids and expect the wife to discipline the children alone.

There is also the mother who essentially leaves the children without a parent at all by deferring all decisions until her husband returns. Upon father's return, children behave in a variety of ways, happy hugs and kisses, squeals of welcome, but also feelings of hurt, anger, resentment, and hostility. Child psychologists say ALL children have both positive and negative feelings when dealt with honestly.

"Children need Stability." says one military counselor. "Look at it this way is one of the two most important people in your life were constantly coming and going, here two weeks, gone four to eight months, home two days, wouldn't your security be shaken a little? Imagine what it does to the children?"

With the father gone, children often become the main focus of the mother. But what happens when the husband returns and she becomes a wife again? The child often feels that he or she is not number one anymore and has to take a subordinate role, both physically and emotionally.

Insecurity, loss of status, and change in routine all add up to two complex emotions, hurt and anger, which are usually directed at the returning father. They also feel love, pride, need and security, which cause ambivalence. They just can't understand what's happening to them. Children express their feelings in different ways, and their outward behavior is not always a good reflection of what's going on emotionally. Some children cover up their true feelings, others are more open. A child's rejection, even if it is subtle, can be devastating when experiencing a parent returning home. Some psychologists say part of a child's negative feelings toward a father may be a reflection of his/her mother's attitudes, suppressed by the wife, but sensed by the children. Dealing with all these problems requires the honest expression of feelings in the family. Even if there are no apparent conflicts, the following are recommended to make separations easier:

1. *Talk about your feelings.* Before leaving, the father should sit down with the entire family and discuss the situation, encouraging all to express their feelings about what's happening. Talk about what will happen when he's gone, and what will be different when he returns. Wives and children (and husbands) should admit they don't want him to go.

2. *The wife and children should keep busy during the separation* Church and school activities, sports, zoo, etc.
3. *Mother should maintain the same rules for the children.* They need the stability of unbroken routine. If mother relaxes discipline while the father's gone, the children will soon learn to resent his return.
4. *While deployed, the father should write separate letters to each child.* They each need direct communication, and not information filtered through the mother.
5. *Upon returning, father should expect some anger and insecurity along with love and happiness.* These feelings again, need to be expressed.
6. *Father may have to court his children as well as his wife upon his return.*
7. *The family should spend as much time together as possible for the first couple of weeks after the separation.*
8. *All family members must realize that people change.* We notice these changes more after a period of long absence. One counselor noted, "Fathers are sometimes threatened when they come back and see that their families have developed new interests, new friends, even new beliefs, but they'll adjust better to the changes if they are explained. These issues can't be resolved if one keeps saying, "Well, you haven't been here, so you don't know."

The Four Basic Stages Of Separation

Did you know that every one of us who faces separation goes through four basic stages? Becoming aware of these stages we will be able to cope better. We will not be mystified or afraid of these stages, but rather, will use them to better ourselves and the relations with our husbands and children. In the departure-to-return cycle, there are four basic stages: 1) protest against loss or departure, 2) despair, 3) detachment, 4) return adjustment.

1) The **PROTEST** against your husband's departure usually comes shortly before he is due to leave. Wives talk of feeling tense, selfish, unbelieving that he will actually leave, and guilty about not wanting their husbands to go. There is also frustration with the increased hours your husband spends getting equipment and himself ready to deploy, your awareness of how many household and family business chores must be handled before he goes, and physical as well as mental exhaustion for both husband and wife.

2) **DESPAIR** is the tearful period which may come even before your husband departs. Thoughts like, "How will I ever live through this without him?" are common. There is also difficulty in sleeping at this point due to general fear for one's safety; even the usual noises in the house seem threatening.

3) **DETACHMENT** is the level on which you live for most of the separation. It is a state of relative calm and confidence in handling day-to-day living. If a major crisis occurs, however, you may tend to revert to the states of despair and protest (having a baby falls in this category).

4) **RETURN ADJUSTMENT** is accompanied by awareness of the noises in the house again as you prepare to hand over your role of protector to your returning husband. Many wives experience an almost incredible emotional and physical frenzy, getting every inch of the house

and themselves ready for his arrival. He arrives exhausted from the final days away, eager to be home. His first days of unwinding bring long conversations which are attempts to catch up. Finally, he spends lots of time sleeping.

Stress In The Military Family

Being a military family can afford pride in serving one's country and as well, provide many rich and new experiences through mobility. Military families also can experience problems particular to their unique lifestyle. Pressures and frustrations often result from:

- *Lengthy deployments
- *Frequent relocations
- *Constant adjustment to varying duty schedules
- *Career changes at retirement
- *A strained military budget
- *Single parenting during father's absence
- *Separation from friends and family

Nearly every military family has difficulty coping with problems from time to time. Pressures can become so great that many areas of life can be affected. For example, father's absence may have mother emotionally and physically drained in her role of single parent, while the children are having a similar adjustment problem expressed by disciplinary problems while father is gone. The match of an overworked and drained mother with unruly children trying to test new limits can easily escalate into a frightful and destructive lifestyle. This is a strong signal that help outside the family is needed.

The military family can help themselves through these stressors unique to their lifestyle. For example, when father is away from home for extended periods it is important to maintain caring and discipline for the children as if dad were home. Children may try to take advantage of possible new freedoms with father gone, and a continuing stable home life is important for their psychological adjustment. Consistent rules, a daily routine for the household, and special time for the children to be with mother are important parts of minimizing the stress of father's absence.

Mother and children need to keep social activities alive while father is gone. Providing regular outlets for contact with other people fulfills basic needs for comfort and stability. For example, the military wife may feel overworked with additional worries while her husband is gone, but time set aside for visiting friends or relatives, going out to enjoy a movie or dinner, or getting involved in local activities such as the Family Readiness Group, is valuable. Being especially pressed for time is a signal to rearrange your schedule to allow time for yourself.

Stress Management Hints

1. Get up earlier to allow yourself more time before starting the day's work.
2. Take a little time before you enter your work place. Pause and notice what kind of day it is.
3. Be realistic and kind to yourself when making your "TO DO" list, especially, if you are under great stress (i.e., life transition, recovery from illness or combining family and work). Plan with your limitations in mind so you do not always make yourself feel lazy, incompetent, guilty, etc.

4. During lunch or breaks (yes, you need to take them) avoid eating quickly and do not talk about work!
5. Spend your leisure time with an enthusiastic, uplifting, happy person.
6. Make a list of your “hyper” habits. Share them with a close friend to check for accuracy and completeness. Contract to change an item or two.
7. At several points in the day, rest quietly for 5 minutes or take a brief walk.
8. Say No when you need to.
9. Ask for help when you need to, be it two hours separate from the children or a real vacation.
10. Write yourself a note and place it where you will read it. Schedule treats on your calendar.
11. Focus on immediate or short-term goals that are attainable.
12. Collect appreciation that is due. Hear praise and thank-yous.
13. Take care of yourself when you are “down and out”: Play your special record album, see a movie, give up on the house work for the evening.
14. Analyze your moods and energy and time. Are they down at certain times of the month, year, day, or week? Plan and prepare.
15. Use relaxation, meditation, music, religion, nature, or whatever to re-energize yourself.
16. Pay attention to your diet, sleep, and general health. If you don’t have the time, ask yourself if you have the time to be sick or depressed.
17. Exercise. If you don’t have the time, ask yourself if you have the time to be sick, depressed, or sluggish. You’ll have more energy with a regular exercise routine. Walking is a great start!

Winter Survival Tips

Seasonal Affective Disorder (SAD)

In Alaska, most people find they eat and sleep slightly more in winter and dislike the dark mornings and short days. For some, however, symptoms are severe enough to disrupt their lives and to cause considerable distress. These people are suffering from SAD.

How does it affect people?

Sufferers have to endure most of the following: Sleep Problems - oversleeping but not refreshed, cannot get out of bed and/or needing a nap in the afternoon

Overeating - carbohydrate craving leading to overweight

Depression - despair, misery, guilt, anxiety, normal tasks become frustratingly difficult, hopelessness

Family problems - avoiding company, irritability, loss of libido, loss of feeling

Lethargy - too tired to cope, everything is an effort

Physical Symptoms - often joint pain or stomach problems, lowered resistance to infection

Behavioral problems - especially in young people

The symptoms tend to start from around September each year, lasting until April but are at their worst in the darkest months. Studies show that SAD affects more women than men. Children and adolescents are also vulnerable.

What causes it?

The problem stems from the lack of bright light in winter. Researchers have proved that bright light makes a difference to the brain chemistry, although the exact means by which sufferers are affected is not yet known. It is not a psychosomatic or imaginary illness.

What treatment is there?

As the cause is lack of bright light, the treatment is to be in bright light every day by using a light box or a similar bright light therapy device. (Going to a brightly-lit climate, whether skiing or somewhere hot, is indeed a cure). The preferred level of light is about as bright as a spring morning on a clear day and for most people sitting in front of a light box, allowing the light to reach the eyes, for between ¼ and ¾ hour daily will be sufficient to alleviate the symptoms. The user does not have to stare at the light, but can watch TV, read, or similar, just allowing the light to reach the eyes.

Is there anything special about the light?

The light must be suitably bright. At least 2500 lux (lux is the technical measure of brightness) is needed, which is 5 times brighter than a well lit office (a normal living room might be as low as 100lux); brighter lights up to 10,000lux work quicker. Contrary to the old belief the light does not need to be special daylight, color matching or “full spectrum” light; simply changing the lamps in a room to these special types will not produce sufficient light.

WINTERIZING YOUR CAR

Automotive maintenance is required more frequently in Alaska than in moderate climates. It is estimated that Alaska vehicles require 1.5 to 2 times as much maintenance as vehicles in the "lower 48". Colder temperatures cause far more frequent electrical, lubricant, and cooling problems. In cold, tire and battery replacements are twice the U.S. average. However winter is not fraught with problems and disasters if you follow a few basic rules.

1. Battery: make sure it is fully charged, the terminals are in good shape, and the fluid level is right.
2. Tires: make sure your tires are not frayed or badly worn.
3. Heating and cooling systems: Check the antifreeze for appropriate levels, check your radiator and hoses for leaks, replace or fix where needed.

Battery (jumper) cables are not a frivolous item. They are needed for auxiliary starting in cold weather. Safety officials recommend a winter emergency kit, not only for the car but for you as well. The Emergency Kit should consist of, at least, the following items.

1. Flashlight.
2. Broom, shovel & ice scraper for snow removal.
3. Fuses for your cars electrical system.
4. Extra windshield washer fluid & Spray on Deicer (Deicer works faster than windshield wiper fluid or your cars heating system to de-ice your windows and it works on all of the windows.
5. Chains or Kitty Litter or both.
6. Emergency clothes, gloves, and sleeping bag.
7. Cell phone for Emergencies.

Tires

If you use snow tires, put them on the first snowfall warning (forecast for snow). You get the best traction with studded snow tires, but these tires may only be used during the following times designated by the State of Alaska Department of Transportation and Public Facilities:

Anchorage: **September 15th to May 1.**

Get Set...Then Go.

It takes a little, extra time during the winter months to prepare your car for safe driving.

So.....totally clear all the windows, the hood, the trunk and the roof of all snow and ice before driving. Leaving snow on your roof can cause snow to be blown on to the back window as your car moves down the road or highway. Leaving snow on your hood can cause the snow to be blown back on to your windshield blocking your view as your car gains momentum.

Warm the windshield of the car with the car's heater then you can use some deicer on the outside of your car's windows. Do not use deicer in on the inside.

Since it gets rather cold in Alaska having a block heater installed on your car is almost a must as most work places do not have covered heated parking spaces for their employees' cars and some

older Alaska homes do not have heated garages. Some cars which remain in heated garages may not need Head Bolt Heaters since the oil and battery do not get that cold at night.

Make sure your car has had ample time to warm up before driving off. If you have a crack in your windshield and you warm your car up (leave the motor running for a time) and then turn your heater and blower up on high can crack your windshield and or make the existing crack worse. Warming your car will heat up the oil and reduce the viscosity in your engine while it warms up your battery so it does not explode when it gets -35.

When it is sort- of- dark out, gray, or it is snowing, please turn the car's headlights on while driving so that you can be seen and see surrounding traffic. Keep your headlights, taillights and turning signal lights clear of snow and road grime as much as possible; You don't realize how dirty they get till it is dark and you can't even see the road because your headlights are caked with mud.

Surviving a Blizzard

Stay in the car. You are more likely to be found in your vehicle than if you are wandering around disoriented in blowing snow.

Crack a window for fresh air as freeing wet snow can completely seal out oxygen (as in being buried by an avalanche).

Be aware that carbon monoxide poisoning can occur while running your car engine as well as the heater. Ventilating your car by having a window open will keep the airflow moving. Also make sure that your exhaust pipe is free of snow. If you are stuck and cannot get your car free, get out and dig out around your muffler pipe.

If alone, do not sleep while in the car. If there is someone else with you, take turns sleeping.

Turn on your dome light and remove as much snow from your windshield as possible. But above all, remain with your car.

Turn off all accessories before attempting to start your car.

Check for a frozen battery. If the fluid is frozen solid, the battery is shot and you will need to buy a new one.

Use Jumper Cables sparingly.

Try not to leave your car with the Emergency brake on as it may freeze. If you leave your car with the Emergency brake on and it freezes, try to loosen it by rocking your car back and forth.

If your car door locks freeze and the door will not open, try heating the point of the key with a match or lighter.

FINANCIAL PLANNING

Alaska is a high cost of living area; pre-planning is the key to financial success. Assistance in budget planning, checkbook maintenance, and proper use of credit is available through the Consumer Affairs Financial and Financial Assistance Program (CAFAP) at Army Community Service. Educational classes and individual counseling are provided. Financial planning for deployment, transition and relocation is also provided. All First Termers are strongly encouraged to schedule an appointment with the CAFAP Manager as soon as they arrive to Fort Richardson. Call 384-1517 to set up an appointment. They are located at the corner of 5th Street and Hoonah in the Arcturus School, Bldg 337.

In order for the spouse to continue running financial affairs while the husband is deployed, she will need a Power of Attorney. Military finance offices will honor powers of attorney only for the following purposes:

- a. With a special POA, a designated agent may obtain Treasury checks for you.
- b. Your dependent appointed as your agent by POA may obtain your Leave and Earning Statements.
- c. An agent appointed under a POA may file a travel claim on your behalf.
- d. A special POA with specific language may be used to establish, change, or stop an allotment (a general POA may not be used for these purposes).
- e. A special POA may be used to change the financial institution to which payments are made.

Military finance offices will not honor any power of attorney for the following purposes:

- a. Payments to an agent for a mentally incompetent servicemember.
- b. Payments to an agent for a servicemember who is missing in action or interned.
- c. Release cash payments.

Alaskan residents qualify for the state Permanent Fund Dividend (PFD). Legal assistance can answer your questions concerning the application for state residency and the PFD.

Leave And Earning Statement

Every soldier receives two pay statements each month: a detailed LES and a mid-month Net Pay Advice (NPA). The LES, which will be delivered by the end of each month, will explain all taxes, deductions, leaves, etc. The NPA will come out on the 15th of each month and will show the mid-month payment or not. Make sure you keep and can read your spouse's Leave and Earnings Statement (LES). We have numbered a few of the blocks on the LES to help you understand what each one refers to. If you need further explanation call the Battalion PAC at 384-0681. Complete information on the LES is found in TC 21-7, Understanding Your LES and Money Management.

LES Sections:

1. ID Section (name, social security number, grade, etc. of the service member).
2. Entitlements Section (items the Army pays you with):

BAH - basic allowance for housing (money paid for housing that is not provided by the government).

BAS - basic allowance for subsistence (money for separated rations paid to authorized enlisted personnel who don't usually eat in the dining facility).

CRA - clothing replacement allowance (to defray the cost of replacing worn-out uniforms and uniform upkeep).

COLA – Cost of Living Allowance (a supplement for high cost living areas such as Alaska).

PARACHUTE PAY: A soldier who is on airborne status will receive \$150 a month in Hazardous Duty Pay.

3. Deductions Section.
4. Allotments Section (money you've asked finance to deduct from your pay and send to a bank, charity, or individual).
5. Summary Section (the dollar totals of various sections and elements of your LES).
6. Leave Section (shows a running balance and history of your leave account).

BF BAL - leave balance at the beginning of the current fiscal year (1 Oct).

ERND - number of leave days you have earned so far this fiscal year (two and one half days each month).

USED - number of leave days you have used so far this fiscal year.

CR BAL - leave balance as of the end of this month.

ETS BAL - number of leave days you can expect to earn up to your ETS date.

LOST - number of leave days lost (leave days over 60 must be taken or will be lost).

PAID - number of leave days you cashed in.

USE/LOSE - number of leave days over 60 you will lose if they're not taken by the end of the fiscal year (1 Oct).

7. Federal Tax Section.
8. FICA and State Tax Section.
9. Pay Data Section.

10. Remarks Section.

Other Financial Information

Spouse/Family Member SGLI:

DoD will automatically provide insurance coverage for spouses and children under Servicemembers' Group Life Insurance, unless soldiers sign a form declining the additional coverage. Soldiers will pay for their spouse's insurance coverage in their monthly payroll deduction. Those who want to cancel or reduce that insurance for their family members need to submit a SGLV Form 8286A to their command's service support center.

Spouses will be insured for a maximum of \$100,000 and children for \$10,000, through the SGLI for family members.

Children will be covered at no cost to the sponsor. Spouses will be insured for a monthly premium of between \$9 and \$32 per month, depending on their ages and amount of coverage desired. The maximum premium will automatically be deducted from paychecks beginning in November for all soldiers.

Thrift Savings Plan (TSP):

The TSP is a retirement savings plan for members of the uniformed services. For information, you can log on to www.tsp.gov.

REDEPLOYMENT/HOMECOMING

Reducing Homecoming Strain

Things the service member should remember:

- * Re-enter slowly. Don't disturb a family set-up that has been working without you.

- * Expect changes in both your wife and your kids. (You have changed some, too!)

Adapt accordingly, remembering that most of the changes mean growth and maturity. If some of the changes are negative, be patient; you and your family will have plenty of time to bring things back around to a position of comfort

- * Spend maximum time with the family. If possible, postpone reunions with relatives and friends until near normal routines have been established at home.

- * Don't try to alter the financial affairs immediately unless there is an emergency.

Chances are, your spouse has been handling them on time.

- * Take it easy on the kids, especially where discipline is concerned.

- * Expect that sex may be awkward between you and your spouse at first. Talk it over.

Things the spouse should remember...

- * Expect changes: both of you have experienced a great deal.

- * Remember the service member has been subject to daily regimentation and routine...and may rebel against schedules and pre-planned events. Leave some room for spontaneity.

- * Drive for a while. It may have been some time since he has driven.

- * The service member may want to celebrate the return with a spending spree. If you can't afford it, hold tight to the purse strings. The urge to spend will pass.

- * Expect the service member to be surprised or hurt that you've coped so well alone. You can reassure him that he is loved and needed without giving up your own independence.

What to expect when your spouse returns: All family members should realize that people change. We notice these changes more after a period of long absence.

- * Expect some anger and insecurity along with love and happiness. These feelings need to be expressed.

- * Expect your spouse to be different. If he is not, fine. If they have changed, you're prepared. This goes for both of you.

- * Expect your spouse to be a little hurt that you have managed so well without him. They will need reassurance you still need them.

- * Expect your spouse to want to be "babied" by you.

- * Expect that it will be about six weeks to adjust to each other again. If you're not getting along well at the end of six weeks, counseling might help.

- * Expect your spouse to have trouble sleeping for a while. They are accustomed to a different lifestyle (and possibly time zone); it may take them a week or two to adjust.

- * Don't grill your spouse about personal problems if they arise. Give him time to adjust. Swallow your curiosity. This goes for both of you.

Fighting Fair

1. Accept the fact that conflict will always exist. Tension and stress are the basis of most marital conflict, and the military generates a particular kind of stress: (1) Frequent moves, (2) TDY and deployments.

2. Learn to focus on one issue at a time during a discussion, and think before you speak.

Keeping a cool head goes a long way toward resolving problems.

3. During a confrontation, allow your spouse equal time to speak their mind. An argument is essentially a debate and a debate cannot be successful unless both sides get a chance to air their views. There should be no winners and no losers.

4. When your spouse is talking, listen to what he/she has to say.

5. Use a team approach to problem solving. Traditionally, the military has set an example to being authoritative in terms of management. Today, collaborative management is more effective. Remember, two people working as a team can get a lot more done than two adversaries can.

6. Don't run away from a confrontation; either physically, mentally, or by using alcohol or drugs. Remember, for help with really hard problems, don't hesitate to contact the Army mental health counselors, chaplains, and social workers.

7. Eliminate verbal weapons such as "I don't love you" or "You don't love me". Such tactics amount to emotional blackmail and can only foster resentment and anger. The military demands 24 hour availability, which makes it easier for family members to feel as if the service member is more attached to the military than to his family.

8. Never say: "I told you so". Help your partner save face if you should "win". Remember that a problem solved is a win for both.

9. Take "small bites". Don't try to settle a big issue in one sitting. Take your time and try to resolve the conflict one step at a time.

10. Never argue in bed! Use a neutral room, and affirm your love often.
 11. When angry, avoid comparing your spouse with someone else or bringing up past situations. Stick to the issues at hand and remember that you are dealing only with the person in front of you.
 12. Do not hit below the belt. "Belt line" remarks often concern something in your spouse's appearance which he is sensitive about.
 13. Learn to deal with jealousy. A conflict common in military marriages is caused by this recognition awarded to the military member for his dedication while the spouse goes unrecognized for her efforts and support.
 14. Learn to be autonomous. Both you and your spouse will have to learn to do things by yourselves on occasion.
 15. Realize that marriages and relationships don't always work out to be peaches and cream. You must make the choice to stay together. Marriages take work from both of you.
- The key to success by using these fair fighting techniques is the ability to put the interests of the couple above one's own concerns. Try these techniques the next time an argument arises. After all, you're in this together.

Problem Solving Steps

1. Identify and define the problem or conflict. What is really the problem? What exactly is wrong? Identify the problem without assigning blame or attacking persons. Be aware of feelings and needs of all those involved.
2. Brainstorm for possible solutions. Express and record all ideas as fast as you think of them. No judgment or discussion is allowed during brainstorming. Be creative.
3. Evaluate the alternatives. Look at the consequences of each possible solution. Work together to find a solution acceptable to all. Give and take as necessary for a win-win solution.
4. Choose the best solution. Mutual agreement/consensus and commitment are necessary.
5. Implement the solution. Decide when and how to evaluate: changes needed, delegation of tasks, time frames for completion, etc.
6. Assess the results with a follow-up evaluation. Is the situation better or worse? If it is better, do you want to continue? If it is worse, look for another solution from the brainstorming session and implement it. Be persistent until the problem is resolved.

APPENDIX A: PREDEPLOYMENT CHECKLIST

Essential Family Information Checklist (Keep Current in Pencil)

Spouse Information

Spouse' Full Name: _____

Social Security Number: _____

Work Address: _____

Home Address: _____

City: _____ State: _____ Zip Code: _____

Permanent Address: _____

City: _____ State: _____ Zip Code: _____

Birth Date: _____ Location: _____

Naturalization (if applicable): _____

Date: _____ Location: _____

Parents:

Father's Name: _____

Home Address: _____

City: _____ State: _____ Zip Code: _____

Mother's Name: _____

Home Address: _____

City: _____ State: _____ Zip Code: _____

Children: (Full Name, Places, and Dates of Birth)

Child's Full Name	Social Security #	Birth Date	Location
1.			
2.			
3.			
4.			
5.			

Other Dependents: (Full Name, Places, and Dates of Birth)

Full Name	Social Security #	Birth Date	Location
1.			
2.			

A Personal Lawyer or Trusted Friend who may be consulted regarding personal business affairs.

Full Name: _____

Home Address: _____

City: _____ State: _____ Zip Code: _____

Medical:

1. Family Immunization Records.

a. Where are they kept?

b. When were they last updated? Spouse:

Children:

2. Where are our health and dental records kept?

3. Do I know how to get proper medical and dental help? Yes _____ No _____

4. Are family members enrolled in the DEERS program?

5. Do all family members have a gold medical card (your key to medical care) and if so where are they kept?

Finance:

1. Bank(s) account numbers:

Checking 1: _____ Bank: _____

Checking 2: _____ Bank: _____

Saving 1: _____ Bank: _____
 Saving 2: _____ Bank: _____
 Other: _____ Bank: _____
 Safe Deposit Box: _____ Bank: _____

2. Where is the bank book located?
3. Am I prepared to take complete control of our checking accounts, know the balance at all times, and never write a check unless I am certain of sufficient funds in the bank?
4. Do we have a safe deposit box?
5. Do I know what is contained in the box?
6. Are all of our credit cards accounted for?

Credit Card Number	Addresses of Companies
VISA _____	_____
MASTERCARD _____	_____
GASOLINE _____	_____
OTHER _____	_____

(NOTIFY CREDIT CARD COMPANY IMMEDIATELY OF ANY LOSS)

7. Do I have an allotment sent to me or my bank each month?
 - a. What is the amount of the allotment?
 - b. What is the allotment meant to cover?
 - c. Is it for necessities to maintain our household?
 - d. Do I know who to contact if my allotment check doesn't arrive?
 - e. Do I know that in order to change the address to which my allotment is mailed, the service member must request this change in writing? See the Personnel Action Center office. You must also file a change of address with your serving Post Office Immediately.
8. If my spouse is deployed would I most likely:
 - a. Stay here, or temporarily leave Ft Richardson area?
 - b. If I temporarily leave Ft Richardson, where would I most likely go?
 - c. Have I notified my key caller where I can be reached?
 - d. Do I have finances set aside for this trip? (Note: AER and the Red Cross will not lend money for a personal convenience move).
9. Do I know how and when to pay our bills, and the amount to pay?

	<u>Date Due</u>	<u>Average amount</u>	<u>Where</u>
a. Mortgage/Rent	_____	_____	_____
b. Telephone	_____	_____	_____
c. Water	_____	_____	_____
d. Electric/Gas	_____	_____	_____
e. Trash	_____	_____	_____
f. Insurance	_____	_____	_____
(Auto, Life, Property, etc...)			
g. Credit Cards	_____	_____	_____
h. Cable	_____	_____	_____
i. Internet	_____	_____	_____
j. Car payment	_____	_____	_____
i. Other	_____	_____	_____
j. Food	_____	_____	_____

Outstanding Debts (furniture, appliances, loans, etc)

Automobile/Transportation:

1. What is the name and address of our car loan company?
2. Where is the title and registration for my car?
3. Where is the car insurance policy kept?
What is the policy number? Am I insured to drive?
4. How do I renew the license plates?
5. Are there any safety stickers, emissions tests, etc...? Do they have to be renewed?
6. Do I have a valid state driver's license? Does it expire soon?
7. Is the car in good operating condition?
 - a. When is regular maintenance due? Tune up? Oil change? Other?
 - b. What would I do in an emergency situation (Dead battery, flat tire...etc.)?
 - c. Where should I take the car for repairs?

- d. What type of gasoline does the car use
- e. What type of oil does the car use?
- f. Is the battery in good condition?
- g. What kind of battery should be bought, if needed?
- h. Are the tires in good condition?
- i. If new tires are needed:

Size: Type: Brand: Where?:

- 8. Where is a second set of keys located for emergency?
- 9. If I do not drive, or do not have a car, do I know how to get transportation?
- 10. How do I get our car out of the motor pool that was left there by my spouse?

Automobile

Make	Model	Year	State Registered

Housing:

Real Estate (Description and Location):

- 1. Where is the Fuse Box or Circuit Breaker located?
- 2. Where is the Water cut-off valve, for emergencies (broken or leaking pipes)?
- 3. If you live in quarters on post:
 - a. What is your area Mayor's or block Captain's name and number?
 - b. What number do you call for housing emergencies?
- 4. Where is a second set of keys for the house?
- 5. Is there a list of emergency numbers posted by the phone? This list should include....**Police, Fire Department, Ambulance, Medical Emergency, Electrician, Plumber, Auto Repair.**

Household Maintenance

Washer Dryer

Make: _____ Model: _____

Purchased at: _____ Date of Purchase: _____

If service required call:

Name: _____ Address: _____ Phone: _____

Stove

Make: _____ Model: _____

Purchased at: _____ Date of Purchase: _____

If service required call:

Name: _____ Address: _____ Phone: _____

Air Conditioner

Make: _____ Model: _____

Purchased at: _____ Date of Purchase: _____

If service required call:

Name: _____ Address: _____ Phone: _____

VCR

Make: _____ Model: _____

Purchased at: _____ Date of Purchase: _____

If service required call:

Name: _____ Address: _____ Phone: _____

Computer

Make: _____ Model: _____

Purchased at: _____ Date of Purchase: _____

If service required call:

Name: _____ Address: _____ Phone: _____

Freezer

Make: _____ Model: _____

Purchased at: _____ Date of Purchase: _____

If service required call:

Name: _____ Address: _____ Phone: _____

Refrigerator

Make: _____ Model: _____

Purchased at: _____ Date of Purchase: _____

If service required call:

Name: _____ Address: _____ Phone: _____

Television

Make: _____ Model: _____

Purchased at: _____ Date of Purchase: _____

If service required call:

Name: _____ Address: _____ Phone: _____

Trouble Calls::

	Name	Address	Phone
Plumber			
Electrician			
Heat/Air			
Phone			

Legal/Administrative:

1. Are my family's ID cards up to date?
 - a. Will they be valid until my spouse's return?
 - b. Do I know where and how to get new ID cards?
2. Has my spouse provided me with a General/Special Power Of Attorney to assist me in taking necessary legal actions on important family matters during his/her absence?
 - a. Where is the Power Of Attorney (POA) kept?
 - b. When does it expire?
3. If we are on the list for Post Housing, does the Housing Office have telephone numbers where I may be contacted should quarters become available during my spouse's absence?
4. Do we have up to date wills?
5. Do I have copies of my spouse's TDY and/or PCS orders?
6. Important information concerning contracts:

- a. NEVER sign any contract without reading it.
- b. NEVER believe oral promises which are not written into the contract.
- c. NEVER buy on credit unless absolutely necessary.
- d. NEVER buy something that you do not need.
- e. NEVER make important, expensive purchases unless both you and your spouse approve of the purchase.
- f. You may ask a military legal assistance officer to read any contract and give you Free advise.
- g. Be careful about spending money, buying on credit, and using a power of attorney.

7. Do you have an IMPORTANT PAPERS FILE? It is very important for the military family to have copies of important papers and other valuable information in a safe file. It is equally important that the wife and husband jointly organize this file, in order that each know how and where to find the papers when these are needed. This file should be in a safe place protected from fire and theft. A safe deposit box at a bank is highly recommended for some, possibly all of these papers.

You may want the following included in your Important Paper File.

- a. Marriage Certificate
- b. Birth certificates for all family members
- c. Citizenship papers, if any
- d. General/Special Power of Attorney
- e. Adoption papers, if any
- f. Passports, if any
- g. List of Social Security numbers for all family members
- h. Federal and state tax records
- i. Copies of Wills
- j. Insurance policies - both government and civilian with a list of companies, policy numbers, types of insurance coverage, addresses and phone numbers of agents or toll free numbers of companies. (Do the policies have War Clause deletions?)
- k. Any court orders: divorce, child support, and child custody?
- l. Medical services card
- m. Immunization records, updated, for all family members
- n. Real Estate documents: Leases, deeds, mortgage, and promissory notes
- o. Stocks, bonds or securities, and/or where certificates are located
- p. List of all members of immediate families with all phone numbers
- q. Automobile titles, if any
- r. List of credit cards, account numbers, and company addresses
- s. Copies of installment contracts
- t. List of bank accounts: types of accounts, account numbers, banks and addresses
- u. LES (Leave and Earning Statements), Copy of Emergency Data Card/DD Form 93
- v. Organ Donor instructions
- w. Burial and Funeral instructions

Personal:

1. Do I have up to date addresses and phone numbers for friends, relatives, and Family Readiness Group contact persons?
2. Do I have the phone number of reliable emergency baby sitter? Who?
3. Do I have friends at chapel/church, social clubs, or work that I can call on if I need to talk?
4. Do I have an address where I can contact my spouse while he is gone?
5. Have I discussed with my spouse the times when I will not be at home, for example a trip to my parent's home, and how he/she can continue to contact me while I am gone?
6. Have the children been included in and a part of the preparation for daddy/mommy being away for a while?
7. Have I told someone in my company or battalion, how long I will be gone on a trip? Have I left a number where I can be reached in case of an emergency or deployment?

If you have questions or concerns about anything on this pre-deployment checklist, talk to your spouse about needed information. If he does not know the answer, have him check with his chain of command.

ADDITIONAL NOTES TO LEAVE WITH YOUR SPOUSE:

FINANCIAL PLANNING WORKSHEET

Money is one of the biggest concerns during deployment. It is imperative that you are prepared to carry on the monthly bill paying when your husband is gone. You should have a cash reserve or credit card for emergencies. This section will help you answer the following questions:

How much money do we really have?

How much money will we need during this deployment?

Fill in the blanks to help you make these financial decisions.

Income:

Base Pay	\$ _____
BAH	\$ _____
BAS	\$ _____
COLA	\$ _____
Parachute Pay	\$ _____
Other Income	\$ _____

Deductions:

Federal Withholding Tax	\$ _____
State Withholding Tax (some states)	\$ _____
FICA Tax (Social Security)	\$ _____
Serviceman's Group Life Insurance	\$ _____
Allotments	\$ _____
TSP	\$ _____
Other Deductions	\$ _____

Available Income (Income minus Deductions)

During deployment, BAS (Separate Rations) will be stopped.

Monthly Expenditures (At Home):

Housing (rent/house payment)	\$ _____
Housing Upkeep (small tools, accessories, repairs)	\$ _____
Utilities(gas, electric, & water)	\$ _____
Telephone	\$ _____
Cable	\$ _____
Food (all groceries, eating out, & pet food)	\$ _____

Outstanding Debts (furniture, appliances, loans, car)

_____ (item)_____ (balance)	\$ _____
_____ (item)_____ (balance)	\$ _____
_____ (item)_____ (balance)	\$ _____
_____ (item)_____ (balance)	\$ _____
_____ (item)_____ (balance)	\$ _____
_____ (item)_____ (balance)	\$ _____
_____ (item)_____ (balance)	\$ _____

Monthly Expenditures (At Home):

Total from previous Monthly Expenditures	\$ _____
Drugs (prescriptions & cosmetics)	\$ _____
Clothing	\$ _____
Clothing Upkeep (cleaning, washing, & tailoring)	\$ _____
Car Upkeep (gas, oil, repairs)	\$ _____
Health Insurance	\$ _____
Life Insurance	\$ _____
Auto Insurance	\$ _____
School	\$ _____
Contributions	\$ _____
Gifts	\$ _____
Dues	\$ _____
Children's Allowance	\$ _____

Recreation	\$ _____
Childcare	\$ _____
Savings	\$ _____
Investments	\$ _____
Petty Cash	\$ _____
Other Expenses	
_____	\$ _____
_____	\$ _____

Husbands Expenditures on Deployment:

Uniform Upkeep	\$ _____
Health and Comfort Items	\$ _____
Stationary and Stamps	\$ _____
Snacks and reading materials	\$ _____
Petty Cash	\$ _____
Subtotal	\$ _____

Net Total -Monthly Expenditures - Husband's Expenditures \$ _____

Notes: List your best estimates of costs. If you listed allotments at the beginning under deductions, do not list them again under expenditures.

Housing should not be more than 25% of take-home pay.

Payments on credit purchases (not including car) should not be more than 10% of your take-home pay.

List any special needs or anticipated expenses that might occur, like periodic buying of children's shoes.

Your total monthly expenditures must never exceed your available income.

APPENDIX B: ACRONYMS

A GUIDE TO SPEAKING IN ACRONYMS

As you have probably discovered, the 1-501st PIR speaks a language which somewhat resembles English, but it is interspersed with a generous helping of abbreviations which may be totally foreign to you. The following is a brief translator's guide to help you understand what in the world those around you are talking about. With a little bit of practice, you too can baffle your civilian friends, family and acquaintances, and even confuse some career military people if they're not airborne!

ASAP	As soon as Possible	DPTSM	Directorate of Plans, Training, Security and Mobilization
AER	Army Emergency Relief	DPW	Directorate of Public Works
LES	Leave and Earning Statement	DRM	Directorate of Resource Management
PCS	Permanent Change of Station	FRG	Family Readiness Group
DEERS	Defense Enrollment Eligibility Reporting System	VTC	Video Teleconference
NCO	Non-commissioned Officer	NTC	National Training Center
POA	Power of Attorney	PLDC	Primary Leadership Development Course
BOSS	Better Opportunity for Single Soldiers	BNCOC	Basic Non-commissioned Officer's Course
JAG	Judge Advocate General (Military Attorney)	ANCOC	Advanced Non-commissioned Officer's Course
CQ	Charge of Quarters (a day required after duty hours)	UCMJ	Uniform Code of Military Justice
CDS	Child Development Center	Sick Call	Any sickness that needs to be tended to by a physician
FM	Field Manual	Curtailment	Shortening of a soldiers overseas tour

BHA	Basic Housing Allowance	EOC	Emergency Operations Center
PX/BX	Post Exchange (Army) Base Exchange (Air Force)	LEC	Law Enforcement Command
MWR	Morale, Welfare and Recreation (agency for community activities)	MEDDAC	Medical Detachment Activity
Town Hall Meeting	Commander's quarterly meeting with the community	NOR	North of the Range (Fort Wainwright)
MP	Military Police	SOR	South of the Range (Fort Richardson)
RC	Reserve Component	PAO	Public Affairs Office
PT	Physical Training	SGS	Secretary of the General's Staff
POV	Privately Owned Vehicle	USARAK	United States Army Alaska
ACS	Army Community Service	USARPAC	United States Army Pacific
FPC	Family Program Coordinator	TAG	The Adjutant General of the Alaska National Guard
Sure Pay/Direct Pay	Soldier's guaranteed check to the bank	ALCOM	Alaska Command
Allotment	Pay the soldier designates to the bank or individual	JRETC	Joint Regional Environmental Training Center
Subsistence	Food Allowance	JRTC	Joint Readiness Training Center
Jody Call	Grocery Store for the Military	COLA	Cost of Living Allowance
Colors	National and unit or organization flags	JMC	Joint Military Complex
Dayroom	Recreation area in the barracks	LOWER 48	Continental United States

Formation	Gathering of soldiers in a prescribed way	C-12	Government airplane used for official military travel
SPACE A	Space available through the Air Force in Military Aircraft	384-BOSS	Commanding Generals Hotline
DCSPER	Deputy Chief of Staff for Personnel	Squad	Smallest Tactical Unit in the Army--Squads make up platoons
DENTAC	Dental Activity	Platoon	Several Squads--Three to five platoons make up a company
DOC	Directorate of Contracting	Retreat	Bugle or Flag Ceremony at the end of the day (5:00 PM)
DOL	Director of Logistics	Reveille	Bugle or Flag Ceremony at the beginning of the Day (6:30 AM)
Clearing	Obtaining Official Release from Post	FTX	Field Training Exercise
Alert	Emergency Call to be Ready	IG	Inspector General
Deployment	Soldier who are sent on a mission without their families	MRE	Meals Ready to Eat
Detail	A Job or Assignment	BDU	Battle Dress Uniform
Barracks	A Place where a Soldier Lives	AO	Area of Operations
Orders	Instructions to a soldier (oral or written)	GI Party	General Inspection Cleaning
Rank	Official Title of a soldier	AWOL	Absent Without Leave
Grade	Corresponds to pay level of soldier	TA 50	Field Equipment
C of S	Chief of Staff	Class A	Dress Greens
CPO	Civilian Personnel Office	CP	Command Post
DA	Department of the Army	CO	Commanding Officer

EEO	Equal Employment Opportunity	AFAP	Army Family Action Plan
Cg Action Line	A Way to get in touch with the Commanding General	AFTB	Army Family Team Building
White Rockets	Army Skis	AG	Adjutant General
Bunny Boots	White Cold Weather Boots	DCO	Deputy Commanding Officer
LZ	Landing Zone	APO	Army Post Office
CAC	Community Action Council	CG	Commanding General
CWOC	Cold Weather Orientation Course	FGA	Fort Greely, Alaska
CWIC	Cold Weather Indoctrination Course	FRA	Fort Richardson, Alaska
Range	Designated area where soldiers go to fire (qualify) their weapons	FWA	Fort Wainwright, Alaska
Impact Area	Location impacted by Artillery Rounds	Wampum	Ceremonial Memorabilia
TAIR	Total Army Involvement in Recruiting	Muktuk	Whale Blubber
Binky	Nickname for the bear patch (non-airborne)	Outside	Anything outside of Alaska
Termination Dust	The first sign of snow on the mountains	Alcan	The Alaska-Canada Highway
Cheechako	Tenderfoot or Greenhorn	Tundra	Treeless, Wet Moist Ground
Ulu	A Traditional Eskimo Woman's Knife	Mukluks	Warm Boots
Williwaws	A Sudden Gust of Wind	Ice Fog	Fog Containing Frozen Particles
Sourdough	An Old-time Alaskan	Quarters	Government Housing for Married Soldiers

DCA	Director of Community Activities	Drop Zone (DZ)	A Designated Area for Parachute Landing
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APPENDIX C: USEFUL INTERNET SITES

Military Links

1-501 PIR Web Site: <http://www.usarak.army.mil/1501/1501web.htm>

USARAK Web Site: <http://www.usarak.army.mil/>

US Army Web Site: <http://www.army.mil>

FRG Information (Ft. Leavenworth): <http://www-cgsc.army.mil/scp/pubs/fsghbook.doc>

FRG Information (Ft. Leavenworth): <http://www-cgsc.army.mil/scp/pubs/fsbook.doc>

Other Military Links: <http://www-benning.army.mil/fbhome/MilLinks.html>